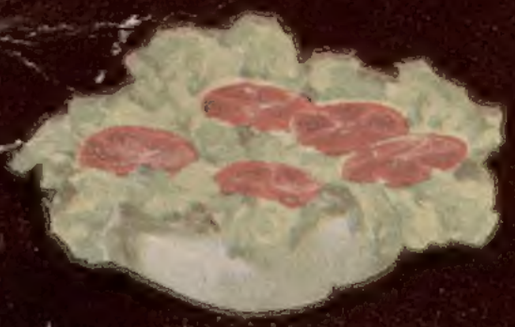
MAZOLA RECIPES

Introducing the Pure Oil from Corn for Salads, Deep Frying and Shortening



Corn Products Refining Co.
New York

Mazola Cook Book

MAZOLA is a pure, refined vegetable oil—for salad dressings and cooking.

The name "Mazola" is formed from "maize" (the Indian name for corn).

Coming from an edible source it makes fried foods more appetizing and pastry shortened with it can be more readily digested.

Since it is a pure oil containing no water or air, it does not lose bulk through heating.

You can use Mazola over and over again. Since it can be used much hotter than other cooking mediums there is no need of burning with consequent discoloring.

You need not smoke up the kitchen when you fry with Mazola as it does not have to be smoking hot.

For successful deep frying remember: Mazola must be just deep enough to cover the article to be fried, and no more.

It must be hot enough to form a crust quickly and so prevent soaking. Fry only a few articles at a time.

After frying, hold the article over the kettle until it does not drip, then drain on brown paper.

The best thing in the world in which to deep-fry is an old-fashioned round-bottom iron kettle. The heat from the fire enters the fat uniformly and, therefore, never gives that slightly burned flavor which good cooks object to.

Use a frying basket if possible. If you have no frying basket use a wire egg beater both for putting in and removing articles.

Dip the article to be fried in fine bread crumbs, then dip in white of egg, then dip again in bread crumbs. This will make a better coating for frying.

Remember that Mazola does not "heat away" as lard and many "patent" frying fats and compounds do. Therefore, you need not allow for this when frying with Mazola.

In shortening you use from ⅓ to ¼ less Mazola than you are obliged to use with ordinary shortening. Being highly refined, Mazola goes a long way.

Mazola, being a vegetable product, is unsalted. Always add salt.

In making cake, always have all ingredients and utensils ready before beginning to mix.

There are three methods used in making cake—stirring, beating and folding. Stirring mixes only. Beating incorporates the air into the batter, making it light. After beating never stir as it would break up the air cells.

Folding refers to the folding-in of the stiffly beaten whites, working very gently to avoid destroying the air cells both in batter and whites of eggs.

Salads should form an important part of the diet. The green salads furnish mineral salts which are both appetizing and refreshing.

The finest greens may be spoiled with a poor salad dressing.

Mazola is wonderful for salad dressings that have always called for imported oils at a high price. Either French dressings, cooked dressings or Mayonnaise may be made perfectly and much more economically with Mazola.

Mazola is sold in 5½-oz. bottles, and in pint, quart, one-half gallon and gallon tins.

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MAYONNAISE DRESSING

Yolks of 2 eggs
2 cups Mazola
2 tablespoons vinegar
Juice of 1 lemon
1 teaspoon salt
1 teaspoon mustard
Dash cayenne

Mix the seasonings and add to the beaten yolks of the eggs. Beat with a small wooden spoon or silver fork. At first add the oil drop by drop, beating vigorously. When too thick to beat add 1 teaspoon vinegar. Continue to add the oil slowly, alternating with the vinegar and lemon juice, until at least ½ cup of oil has been added. Onion juice may be added if desired.

If the oil is added too rapidly the dressing separates and has a curdled appearance. This should never happen if the oil is added very slowly at first; but in case that it does, put the yolk of another egg into a clean bowl, and beat in the curdled dressing slowly. After a half cup of oil has been added, the dressing may be beaten with a Dover egg beater and the oil added more rapidly.

THREE-MINUTE MAYONNAISE

Have all ingredients very cold

½ teaspoon of salt
Few grains cayenne or paprika
⅛ teaspoon of mustard
2 tablespoonfuls of lemon juice or vinegar
1 whole egg and 1 egg yolk
1½ cups of Mazola oil

Mix the salt, cayenne (or paprika) and mustard in the bowl, add the vinegar or lemon juice, and carefully put in eggs so as not to break the yolks. Pour in one-fourth of the oil and beat with a Dover egg beater until well blended, and continue this until all the oil is added.

FRENCH DRESSING

½ teaspoon salt
⅛ teaspoon white pepper
1 tablespoon vinegar (malt or tarragon preferred)
Dash paprika
3 tablespoons Mazola

Mix the seasonings and stir into the oil. Add the vinegar and beat vigorously till the mixture thickens slightly.

Green salads should be dressed at the time of serving. The flavor is improved if the bowl in which the salad is arranged is rubbed with a clove of garlic or slice of onion.

A-1 SALAD DRESSING

MRS. LINCOLN

Mix ⅛ teaspoon of freshly ground pepper, ½ teaspoon of salt and one teaspoon of prepared or German mustard. Then stir in 4 tablespoons of Mazola and when blended add 1 tablespoon of claret.

Serve it on any plain salad of lettuce, or a mixture of lettuce, chives and cucumbers. The lettuce should be washed in several waters, drained and wrapped in a napkin and laid on the ice until chilled and crisp. Do not slice the cucumbers, nor chop the chives until just before serving. Put the salad into a bowl in any preferred way, the lettuce arranged like an open head with a sprinkling of chives, and a border of sliced cucumbers overlapping; or have the cucumbers diced and heaped in the centre and the lettuce for a border. Add the dressing when serving, as the vegetables wilt quickly after the dressing is blended with them.

HOLLANDAISE SAUCE

Beat the yolks of 4 eggs and beat in gradually ½ cup Mazola. Add ¼ teaspoon salt, a dash of paprika and ½ cup boiling water. Cook over hot water, stirring constantly until thick, adding gradually the juice of half a lemon. Chill before using. Serve with fish, or a fish salad.

SAUCE TARTARE

Make a Mayonnaise dressing, using tarragon vinegar. To each cup of dressing add 1 shallot, or small onion, chopped fine, 2 tablespoons each of finely chopped capers, olives and cucumber pickles, 1 tablespoon chopped parsley, and ¼ teaspoon powdered tarragon.

COOKED SALAD DRESSING

½ teaspoon mustard
½ teaspoon salt
Few grains cayenne
2 teaspoons flour
1 teaspoon sugar
¾ cup of milk
Yolk of 1 egg
2 teaspoons Mazola
¼ cup hot vinegar

Mix the dry ingredients in a saucepan, stir into them the yolk of egg, Mazola and milk. Stir the mixture over hot water until it begins to thicken. Then stir in the vinegar, a few drops at a time. When as thick as thick cream, strain and cool.

TOMATO JELLY SALAD

MRS. LINCOLN

Stew one quart can of tomatoes until soft, cutting and mashing the pulp to hasten the process. Flavor by stewing with them ½ teaspoon of mixed whole spices, 2 level teaspoons of celery salt and 1 small Bermuda onion. Strain the tomato through a puree strainer and if needed add boiling water to make 3 cups of juice. Have ready ½ box of gelatine soaked in ½ cup of cold water until soft.

Heat the tomato juice to boiling, and add the soaked gelatine; stir till dissolved and strain it through fine cheesecloth. Pour it into a ring mould, or into small cups, or fancy moulds, which have been first wet in cold water. Chill and when firm and ready to serve, turn out on a nest of lettuce leaves and surround or top with mayonnaise dressing.

POTATO SALAD

4 medium-sized cold boiled potatoes
4 hard cooked eggs
1 red onion

Cut potatoes into small thin slices, add chopped onion and eggs cut in quarters and sliced. Moisten well with Cooked Salad Dressing, to which cream has been added. Serve on lettuce and garnish with slices of egg.

CABBAGE SALAD

Moisten crisp shredded cabbage with Cooked Salad Dressing. Add a handful of chopped English walnuts, or sprinkle with celery seed.

MACEDOINE SALAD

Nearly all cold cooked vegetables are suitable to be used in a salad, either alone or several in combination. Lima beans, asparagus tips and cauliflower are especially acceptable. For a mixed vegetable salad cooked peas, carrots, beets, string beans and many others may be added. Cut the carrots and beets into cubes, and the beans in short lengths. Pile each vegetable separately, arranging contrasting colors next to each other. Garnish with radishes, lettuce, etc., and serve with Cooked Salad Dressing.

WALDORF SALAD

2 cups hard, tart apples (chopped)
1 cup celery (cut fine)
1 cup English walnuts (chopped)

Mix with French Dressing or Mayonnaise Dressing.

COMBINATION FRUIT SALAD

1 grapefruit
2 oranges
1 banana
1 cup Malaga grapes

Pare the oranges and grapefruit and remove from pulp in sections, slice the banana and cut grapes in half and remove seeds. Mix with ½ cup sugar and set on ice for ½ hour. Arrange on lettuce leaves and put a tablespoon of Mayonnaise on the top of each salad.

CHICKEN SALAD

Use by measure twice as much chicken as celery. Cut the chicken in small cubes—do not chop it—and mix with French Dressing. When ready to serve, drain, add the celery and mix with Mayonnaise Dressing. If boiled dressing be used, mix the chicken with part of that, adding more when ready to serve. Use Cooked Salad Dressing III. Mayonnaise Dressing can be used alone without French Dressing if preferred.

FISH SALAD

Remove skin and bone from 1 can of salmon. Mix with ½ cup finely cut celery and hard cooked eggs and Cooked Salad Dressing I, or Mayonnaise II, and serve on a bed of lettuce.

CORN FRITTERS

MRS. SCOTT

1 cup of flour
½ cup of milk
2 eggs
1 tablespoonful Mazola
1 cup grated or chopped corn
2 rounded teaspoonfuls of baking powder
1 teaspoonful of salt
⅛ teaspoonful of pepper

Sift flour, baking powder, salt and pepper into bowl; add milk, well beaten eggs, Mazola and grated corn, or if canned corn is used put it through meat chopper. Add, mix well and fry in deep hot Mazola.

It is best to make the fritters small. You are then sure they will be done through. Use a teaspoonful for each fritter.

P. S.: Clam fritters are made the same way using 1 cup of canned minced clams instead of corn or 1 cup of fresh clams put through the meat chopper. When using fresh clams less milk is used.

PINEAPPLE FRITTERS

MRS. SCOTT

1 cup of flour
¾ cup of milk
2 eggs
1 rounded teaspoonful of baking powder
¼ teaspoonful of salt
1 tablespoonful of Mazola
1 tablespoonful of sugar
8 thin slices of pineapple

Sift dry ingredients into bowl; add milk, well beaten eggs and Mazola. If fresh pineapple is used, wash, pare, and slice thin and with apple corer remove the center. Dip in batter; remove with fork and fry in deep hot Mazola. Drain on paper and dust

with sugar. If canned pineapple is used it is well to cut the large slices in half and then split with sharp knife, making 4 fritters from 1 slice of pineapple. The syrup or fruit juice is heated and thickened with a little Kingsford's Corn Starch and served around the fritter.

One important thing with Mazola: It does not evaporate, nor does it get dark like lard. It can be strained after using and will be as clear as before.

RYE PANCAKES

MRS. LINCOLN

¾ cup rye meal
¾ cup flour
3 level teaspoonfuls baking powder
¼ teaspoonful salt
1 tablespoonful of sugar
1 egg
½ cup milk

Mix dry materials, beat the egg until light, add the milk and stir this into the dry mixture. Add more milk if needed to make a stiff drop batter, one that will stay up in shape when dropped from the spoon.

Have enough Mazola in a deep frying kettle to immerse the cakes. When hot test with a bit of white bread; if it browns while you count sixty it is right. Dip the spoon in the oil, take up a portion of dough on the end of the spoon and with a knife scrape it off into the oil. Cook as many as can be put in without crowding. They usually turn over when brown, and when tried with a fork if no dough sticks to it, they are done.

Drain on paper and serve hot with maple syrup, or cold with powdered sugar.

CRULLERS OR DOUGHNUTS

1 cup sugar
2 eggs
2 tablespoonfuls Mazola
2 teaspoonfuls baking powder
2 cups sour milk with ¼ teaspoonful soda added.
½ teaspoon salt
1 teaspoon vanilla or ½ nutmeg

Flour enough to make a soft dough that can be rolled. Cut in shape and fry in hot Mazola.

DOUGHNUTS

Sift 2 cups of flour
1 level tablespoon of sugar
1½ teaspoons baking powder
½ teaspoon salt
Beat 1 egg light
Add ½ cup of Karo Crystal White
1 tablespoon Mazola
Mix thoroughly—add ½ cup of milk

Pour this mixture gradually into the flour, mix thoroughly With a teaspoon make a little ball of dough and fry in hot Mazola. If the ball sticks to the teaspoon, use a knife to slip it off. Keep in a close covered jar.

POTATO CROQUETTES

1 pint hot mashed potatoes
1 tablespoon Mazola
1 teaspoon salt
½ teaspoon celery salt
⅛ teaspoon white pepper
1 tablespoon chopped parsley
Few drops of onion juice (or a little chopped onion if desired)
Yolk of 1 egg

Boil and mash the potatoes. Add all the seasonings while hot and beat well. When partially cool add the beaten yolk of the egg.

Shape in cones. Roll in fine bread crumbs, then in the white of egg beaten slightly with 2 tablespoons milk, and again in bread crumbs. Fry in Mazola. Drain on brown paper.

FRENCH FRIED POTATOES

Pare Potatoes and cut lengthwise into eighths. Soak in cold water 1 or 2 hours. Dry between 2 towels. Fry in Mazola Drain on brown paper and sprinkle with salt.

MEAT CROQUETTES

2 cups chopped meat, fish or chicken
1 cup thick white sauce
Salt, pepper and onion juice to taste
Few grains of nutmeg

Mix meat with the hot white sauce and season to taste. Spread on platter to cool. When cold shape into cylinders, roll in bread

crumbs, then in egg and again in bread crumbs. Fry in Mazola and drain on brown paper.

Serve with a thin white sauce or tomato sauce. Chicken croquettes may be seasoned with a little celery salt, and fish may have a dash of lemon.

WHITE SAUCE

1 tablespoon Mazola
¼ cup flour
1 cup cream or rich milk
1 teaspoon salt
⅛ teaspoon pepper

Put Mazola in a pan, add the flour and mix well. Add the liquid and cook over a slow fire, stirring constantly till it boils. Add seasoning last.

SALTED ALMONDS

Pour boiling water onto almonds and remove skins. Dry between 2 towels. Fry in Mazola till a light brown. Drain on brown paper and sprinkle with salt. Almonds prepared in this way will be crisp and uniform in color.

BREAD

MRS. LINCOLN

1 pint milk,
scalded and cooled
2 teaspoons Mazola
1 tablespoon sugar
1 teaspoon salt
½ yeast cake
5 to 6 cups flour

Put the Mazola, sugar and salt in the milk, when dissolved and cool stir in the yeast cake, first softening it in two tablespoons of luke-warm water. Stir in enough flour to make a drop batter; beat it well, cover and let it rise until full of bubbles. Hasten the process by putting the bowl in a pan of hot water as hot as you can bear your hand in. When light add flour to make a stiff dough. If you wish to make both white and Graham bread, turn part of the batter into another bowl, and add white flour to one and Graham flour or wheat meal to the other part. Mix with a knife and stir in flour until the dough will keep and hold its shape when you stop stirring. Should it settle to a level it needs a little more flour. Mix and cut until smooth and perfectly mixed but do not knead

Let it rise until double its bulk. When light turn the dough out on a floured board and shape into 2 round, smooth loaves.

Put them into a small brick loaf pan slightly greased and let them rise until double in height. Cover with a cloth and tin pan during both risings to prevent a crust forming before the dough is baked. Bake in a hot oven about 40 minutes. Avoid baking in thick loaves; the crust becomes hard before the inside is baked.

BAKING POWDER BISCUIT

MRS. LINCOLN

1 pint sifted pastry flour
½ teaspoon salt
4 level teaspoons baking powder
2 tablespoons Mazola
Milk to make soft dough

Put the sifted flour into a mixing bowl, lay a fine strainer on it and sift through it the salt and baking powder. Mix thoroughly. Put the Mazola into ½ cup of milk and stir it into the flour, adding enough more milk to make a dough as soft as can be handled. Cut it through and through with a knife, toss out on a floured board and knead it gently but effectually until it is soft and will not stick.

Use plenty of flour to prevent sticking, but do not knead flour in the dough. When kneaded enough it should be firm and have no dry flour on the surface. Pat it gently with the rolling pin until half an inch thick, less rather than more, for there should not be much except the 2 crusts. Cut with a sharp cutter 2 inches in diameter and place them close together in a floured baking pan. Cut economically that there may be but few trimmings. Work these together for the last and simply pat into shape. Bake in a hot oven about 10 minutes.

BRAN GEMS

MRS. WOOD

1 cup bran
1½ cups flour
1 cup sour milk
2 tablespoons Mazola
⅓ cup molasses
¾ teaspoon soda
½ teaspoon salt

Mix dry ingredients; add milk and Mazola; stir well and bake in hot oven in tins well greased with Mazola. Sweet milk can be used in place of sour by substituting 2 heaping teaspoons of baking powder for the soda. Make 1 dozen.

CRUMB MUFFINS

MRS. SCOTT

1 cup of bread crumbs
1 cup of flour
1 cup of milk
1 egg
2 tablespoonfuls of Mazola
1 tablespoonful sugar
2 rounded teaspoonfuls of baking powder
½ teaspoonful of salt

Put the bread crumbs in bowl, cover with milk and well-beaten egg. Sift flour, baking powder, sugar and salt into bread crumbs. Add Mazola and beat well. Heat the muffin tins and brush with Mazola. Fill ⅔ full and bake in hot oven 20 or 25 minutes.

P. S.: The stale pieces of crust of bread are dried and rolled.

BERRY MUFFINS

MRS. LINCOLN

1 pint flour
½ teaspoonful salt
3 level teaspoonfuls baking powder
¼ cup sugar
1 egg
1 scant cup milk
2 teaspoonfuls Mazola
1 heaped cup berries

Sift and measure the flour, sift in the salt and baking powder, add the sugar and mix thoroughly. Beat the egg until light, add the milk and Mazola and stir this into the dry mixture. Beat thoroughly and lastly stir in the berries which have been washed, dried and sprinkled with flour. Bake in muffin pans about 20 minutes.

BREAKFAST MUFFINS

2 cups flour
4 level teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
1 egg
1 cup milk
1 full tablespoon Mazola

Sift dry ingredients together, being sure they are thoroughly mixed. Beat the egg, add it to the milk and turn into the bowl containing the dry ingredients. Add the Mazola and cut all together very quickly. Do not beat. Turn into muffin pans greased with Mazola, and bake in a moderately hot oven about 25 minutes.

CORN MEAL MUFFINS

1 cup corn meal
1 cup flour
1 teaspoon salt
1 tablespoon sugar
1 teaspoon soda
1¼ cups sour milk
2 eggs
1 tablespoon Mazola

Use these ingredients and follow directions for making Breakfast Muffins.

WAFFLES

1¾ cups flour
3 teaspoons baking powder
1 tablespoon Karo
1 teaspoon salt
1¼ cup milk
2 eggs
1 tablespoon Mazola

Mix and sift the dry ingredients. Beat the yolks of the eggs and add to the milk, and stir into the dry ingredients slowly to insure a perfectly smooth batter. Add the Mazola and beat well. Fold in the beaten whites last. Have waffle iron hot and grease well with Mazola.

PARKER HOUSE ROLLS

2 cups milk
¼ cup sugar
¼ cup Mazola
1½ teaspoons salt
Whites of 2 eggs
2 yeast cakes
½ cup lukewarm water
Flour

Scald the milk. Pour into the mixing bowl and add the sugar, salt and Mazola. When lukewarm add the beaten whites of the eggs, the yeast dissolved in the warm water and enough flour to make a thin batter. Beat thoroughly, cover and rise till about double in bulk. Add enough flour to make a dough just as soft as can be handled. Turn on to floured board and knead until it is spongy and elastic. Let it rise till triple in bulk. Turn on to a well floured board and roll out lightly about ½ inch thick. Cut with a biscuit cutter previously dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece. Brush over ½ of the top of each piece with melted butter, and press the edges

together lightly. Place in a buttered pan 1 inch apart. Cover. and let rise till light. Bake in a hot oven 12 to 15 minutes.

TEA BISCUIT

2 cups flour
4 level teaspoons baking powder
1 level teaspoon salt
2 scant tablespoons Mazola
About 1 cup milk or milk and water

Sift flour, salt and baking powder together till they are thoroughly mixed. Add the Mazola, which should be very cold. Rub with tips of fingers till all is of the consistency of meal. Cut the milk in with a knife. Moisten only a portion of the flour at one time, pushing what is already moistened to one side while working with the rest. The dough should be soft and spongy in appearance. Turn on to a well floured board. Toss till covered with flour. Pat out gently. Cut into biscuit, lay on a pan greased with Mazola. Bake in quick oven about 15 minutes.

FRUIT COOKIES

Mrs. Scott

½ cup of Mazola
1 cup of Karo
½ cup of Kingsford's Cornstarch
1 cup of sugar
1 cup of chopped dates
¼ cup of milk
3½ cups of flour
3 rounded teaspoonfuls of baking powder
½ teaspoonful of salt
½ teaspoonful of grated lemon peel
1 egg

Mix Mazola, Karo and sugar together. Add the milk, salt, lemon peel and dates; sift flour, Kingsford's Cornstarch and baking powder together; add and make a stiff dough; divide and roll half about ¼ inch thick. Cut out with cooky cutter or in small squares. Brush top with well beaten egg and 1 tablespoonful of milk. Bake in hot oven 10 to 12 minutes.

P. S.: If there is not enough flour more can be added. It is hard to give the amount of flour as there is a difference in flours, but there must be enough so it can be handled without sinking.

CORN CAKES

MRS. LINCOLN

½ cup yellow granulated corn meal
1 cup flour
½ teaspoonful salt
2 teaspoonfuls baking powder
2 teaspoonfuls sugar
1 egg
1 scant cup milk
1 tablespoon Mazola

Mix the meal, flour, salt, baking powder and sugar thoroughly Beat the egg until light, add the milk and Mazola and blend by beating well. Bake in a shallow pan about 20 minutes.

Use sour milk if you prefer and only one teaspoon of baking powder with ½ teaspoon of soda.

STRAWBERRY SHORT CAKE

MRS. LINCOLN

Make a dough as for baking powder biscuit. When well kneaded roll out ¼ inch thick and cut with a cutter 4 inches in diameter.

Brush half of the cakes with Mazola, cover with the remaining half and put close together on a floured baking pan. Bake about 10 minutes. Have ready ¼ cup of butter creamed with ¾ cup of powdered sugar, and 1 quart or 3 pints of strawberries, rinsed and hulled. Lay aside the largest berries about half in all, slice them and sweeten slightly with powdered sugar. Keep them warm on back of stove.

Mash the remaining berries and heat in a saucepan over hot water, not enough to cook them, merely hot enough to melt the butter and sugar, but do not add the creamed butter until the cakes are done.

Pull the cakes apart and cover each part with the sliced berries, put one on top of the other and when serving pour the hot sauce over the whole.

In this way the cakes are not soggy from long soaking, not cooled by the delay in buttering them; they have the full flavor of berries, butter and sugar, and are hot as genuine shortcakes should be.

A sponge cake, covered with cold berries and whipped cream is all right in itself, but it is not strawberry shortcake.

CHOCOLATE LOAF CAKE

MRS. WOOD

⅓ cup Mazola
1½ cups sugar
2 cups flour
2 teaspoons baking powder
1 teaspoon Vanilla
½ cup milk
4 eggs
4 level tablespoons chocolate dissolved in 5 tablespoons boiling water

Sift flour, baking powder and salt together. Mix Mazola and sugar together; add the beaten yolks of the eggs, the vanilla and the flour and milk alternately. When well mixed, fold in the whipped whites. Have oven very hot; when cake has been in two minutes reduce heat and bake until a tooth-pick leaves the center dry.

POUND CAKE

1 cup fine granulated sugar
½ cup Mazola
1½ cups flour
½ teaspoonful salt
Flavoring to taste.
1 teasponful baking powder
¼ cup milk
4 eggs

Mix in the usual way and bake in small tins in a moderate oven.

CINNAMON COFFEE CAKE

MRS. WOOD

Sift together 1½ cups flour, ¼ teaspoon salt, ⅓ cup sugar, 2 teaspoons baking powder, rub in 2 tablespoons Mazola, beat 1 egg with ½ cup milk; stir into the above mixture; put in a shallow pan. With a spoon mix well 2 tablespoons Mazola, 1 of flour, 3 of sugar, ¾ of cinnamon and pinch of salt. When well mixed spread on top of dough, bake about twenty minutes.

CHOCOLATE COOKIES

MRS. WOOD

½ cup Mazola
¾ cup sugar
¼ cup Karo (Crystal White)
1 egg well beaten
¼ teaspoon salt
2 ounces chocolate melted
2 cups flour
2 teaspoons baking powder
¼ cup sweet milk
½ teaspoon vanilla

Mix in the usual way, adding more flour if necessary to roll about a quarter of an inch thick; cut in fancy shapes and bake slowly. A variety of fancy cookies can be made by omitting the chocolate and adding cocoanut or chopped nuts. Sand snaps are made by spreading granulated sugar over cookies before putting in oven.

LAYER OR LOAF CAKE

⅓ cup Mazola
1 cup sugar
2 eggs
½ cup milk
1½ cups flour measured after sifting
1½ level teaspoonfuls baking powder
¼ teaspoon salt
flavoring to taste

Cream Mazola and sugar, add beaten yolks, sift flour, baking powder and salt together, and add alternately with the milk When well mixed fold in the stiffly beaten whites and flavoring Start baking in a very hot oven, reduce after two minutes and finish baking slowly. Test center with a tooth pick.

HOT MILK SPONGE CAKE

2 eggs
1 cup sugar
1 cup flour
1 teaspoonful baking powder
1 tablespoonful Mazola
½ cup milk
¼ teaspoon salt
1 teaspoonful lemon extract

Beat egg whites very stiff, add yolks separately beating well, then add sugar continuing beating, and add sifted flour, salt and baking powder. When well beaten add flavoring and one-half cup scalded milk with Mazola boiled in same. Bake in loaf or layers and ice with a thin icing. Do not stir after adding milk. Bake in a moderate oven.

SIMPLE ICING

2 tablespoonfuls Karo Crystal White
2 tablespoonfuls milk
1 teaspoonful Mazola Flavoring

Mix well and thicken with confectionery sugar.

KARO BOILED ICING

1 cup granulated sugar
2 tablespoonfuls Karo Crystal White
¼ cup cold water

Stir well, and then boil slowly without stirring until it spins a thread. Pour on the stiffly beaten whites of two eggs and continue beating until very stiff. Add two tablespoonfuls of confectioner's sugar and beat until cold. Add chocolate, nuts or fruit.

ORANGE LAYER CAKE

½ cup Mazola
1 cup sugar
2 eggs
½ cup milk
1¼ cup flour
¼ cup Kingford's Corn-starch
1½ teaspoon baking powder
1 teaspoon salt

Sift flour, corn starch, baking powder and salt together, mix milk and Mazola together; beat yolks of eggs until thick, add sugar, then alternately add the milk and flour; fold in the well-beaten whites of the eggs and flavoring; bake in layers in a moderately hot oven.

FILLING AND FROSTING:
2 cups confectioner's sugar
Grated rind of one orange
Orange juice to make paste soft enough to spread easily

RIBBON CAKE

½ cup Mazola
1 cup sugar
whites of four eggs
½ cup milk
1¼ cups flour
¼ cup Kingford's Corn-starch
1½ teaspoon baking powder
1 teaspoon salt
1 teaspoon almond extract

Mix sugar, flour and corn starch; blend milk and Mazola and add to dry ingredients; make into a smooth batter; gently

fold in the well-beaten whites of eggs and flavoring, then add baking powder. Bake in three layers to one of which add enough fruit coloring to make a delicate shade of pink; put layers together and ice with the following:

1 cup granulated sugar
¼ cup water
white of one egg

Boil sugar and water without stirring until they thread. Pour over the well-beaten white of the egg and beat until stiff enough to spread.

KARO CAKE

1 cup Karo
1 cup brown sugar
1 cup hot coffee
½ cup Mazola
2 eggs
3 cups flour
1 teaspoon salt
1 teaspoon baking soda
2 teaspoons cinnamon
1 teaspoon ginger
½ nutmeg
grated rind of lemon

Mix and heat Karo, sugar and Mazola add eggs and beat well; then add coffee into which soda has been dissolved; sift in dry ingredients, stir lightly until smooth, add lemon rind, pour into well-buttered loaf pan and bake in slow oven about thirty minutes.

SAUTED BREAD (FRENCH TOAST)

MRS. LINCOLN

Beat one egg until light, stir in one-half teaspoon of salt and one cup of milk. Have ready about six slices of stale white bread cut one-half inch thick. Dip them in the egg batter, turning until well moistened with the milk. Let them drain and dip again if any batter is left, for they will soak up quite a little without breaking.

Put into a shallow frying pan enough Mazola to cover the bottom, and when hot stir in one-fourth teaspoon of salt, lay the bread slices in and cook carefully until well browned; then turn

them over and when the other side is browned remove to a hot dish and serve at once. Serve as plain egg toast, or spread the slices with orange marmalade, jelly, or any hot stewed fruit; or sauted bananas, prepared as follows:

SAUTED BANANAS

Remove the skins and scrape off the fibres, cut in halves each way. Cover the bottom of a frying pan with Mazola, and when hot lay in the bananas flat side down and cook carefully until browned on each side. These are delicious served on toast, or as a garnish with broiled steak.

BREWIS

MRS. LINCOLN

This is an appetizing way to use pieces of stale bread, both white and brown, or white and Graham, and may be served in place of mush for breakfast, or as hot savory dish for luncheon.

Allow one-fourth part white bread and three-fourths brown or Graham. Break the bread into half-inch bits. Heat one tablespoon of Mazola in a small pan, toss the bread over in the hot oil, then cover with milk, let it heat slowly and as it softens chop and mash until it is all soft and the milk is absorbed. Just before serving stir in another tablespoonful of Mazola and one-fourth teaspoon of salt, for about one pint of the brewis. Vary it by stirring in one-fourth teaspoon of sweet herbs or poultry seasoning; or by cooking one tablespoon of minced onion, or celery in the hot Mazola before stirring in the bread.

PIE CRUST

2 cups flour
1 teaspoon baking powder
1 teaspoon salt
⅓ cup Mazola
About ¼ cup icewater

Put the Mazola near the ice till very cold. Sift the dry ingredients together until thoroughly mixed. Turn the Mazola into the dry ingredients and cut back and forth with a knife till well mixed. Add the water gradually. No absolute rule for the amount of water can be given. The dough should be hard enough not to stick to the bowl, but soft enough not to crumble. Toss lightly on to a floured board, and roll very thin.

CHEESE STRAWS

MRS. SCOTT

1 cup grated sharp cheese
½ cup Kingsford's Corn Starch
½ cup flour
1 rounded teaspoonful baking powder
2 tablespoonfuls Mazola
1 teaspoonful of Worcestershire Sauce
½ teaspoonful salt
dash of paprika
1 egg
¼ cup of milk

Sift Kingsford's Corn Starch, flour, salt and baking powder into bowl; add cheese and mix lightly with fork; then add the Mazola (which must be very cold) very slowly and rub lightly until well mixed. Beat the egg with 2 tablespoonfuls of milk Worcestershire Sauce and add. If not enough to moisten, add a little more milk so the mixture can be put on floured board and rolled out ¼ inch thick. Cut strips ¼ inch wide and 4 inches long. Drop in deep hot Mazola, fry a nice light brown; drain on paper and serve with salad.

P. S.: A novel way is to make a few rings about the size of a silver dollar, then put ½ dozen straws through each one.

OLD-FASHIONED FRIED CHICKEN OR VEAL CUTLET

MRS. SCOTT

1 young chicken
½ cup Mazola
½ cup flour
2 cups milk
1 teaspoonful of salt
⅛ teaspoonful of pepper
1 tablespoonful of finely chopped parsley

Wash, clean and joint the chicken, dust with salt and pepper and roll in flour. Put half the Mazola into large iron pan which must be very hot; add the chicken and sear on both sides very quickly. Add a little more Mazola if needed; cover pan and push on back of stove where it will do slowly for 30 minutes. Turn once or twice. A little water can be added to keep it from sticking or getting hard. When tender add the milk; remove cover and let it simmer 10 minutes. There will be 2 cups of good rich gravy.

P. S.: The Mazola adds a flavor which is impossible to be obtained from either butter or bacon fat.

Or if you desire the chicken can be breaded and fried in deep hot Mazola.

Veal cutlet can be prepared the same as the chicken.

BAKED MEAT PIE

MRS. SCOTT

1½ lbs. lean beef or lamb
1 quart of potatoes
1 cup cut onions
1 teaspoonful of salt
dash of paprika
1 tablespoonful of Kingsford's Cornstarch
1 tablespoonful of finely cut parsley

Wipe the meat with wet piece of cheese cloth. Cut in small pieces; put on to boil with 2 quarts of boiling water. Boil 1 hour. Then add onions, salt and pepper and boil 30 minutes. Add the potatoes that have been washed, pared and cut into small pieces and boil 30 minutes. Mix Kingford's Cornstarch with cold water and add. Boil 3 minutes. Add parsley and pour in bake pan that has been lined with dough. Cover with dough and brush top with milk. Bake 20 minutes in hot oven.

HOW TO MAKE THE CRUST:

1 cup of flour
¼ cup Mazola
1 tablespoonful of baking powder
¼ teaspoonful of salt

Sift flour, baking powder, and salt into bowl; add Mazola slowly mixing it with fork. Then add enough cold water to hold together. Dust board with flour and divide dough in two for bottom and top crust.

SCRAMBLED EGGS

MRS. LINCOLN

Put Mazola into a hot omelet pan, one teaspoonful each egg. Break the eggs into a saucer and have salt and pepper at hand and everything ready, for the egg must be served immediately. Slip the eggs into the hot Mazola and let them heat without stirring until the white is partly set and distinct. Then stir gently, break the yolks and blend slightly until the whole is

cooked and is a soft quivering mass of flakes of white showing clear in the soft yellow. While stirring shake on salt and pepper; serve on hot plates, on toast if preferred.

WHITE SAUCE FOR CREAM SOUPS, TOAST, SCALLOPED MEATS, FISH, ETC.

MRS. LINCOLN

Heat one cup of milk over hot water. Put two tablespoons of Mazola in a sauce pan and when hot stir in two level teaspoons of sifted pastry flour. When blended add gradually the hot milk, stirring constantly as it thickens, to prevent lumping; after adding two-thirds of the milk stir vigorously while the sauce is in quite a thick state, then add the remaining milk. Season with one-half teaspoon of salt and vary the amount of pepper as desired; a few grains will suffice for delicate flavoring; tomatoes and corn require one-eighth of teaspoon and toast needs none. Keep the sauce over hot water and covered until needed.

Fish on account of its abundance, cheapness and wholesomeness, is invaluable as an article of food. It contains but little fat, is easily digested, and is especially adapted for those who draw largely on their nervous energy.

FISH BALLS OR CAKES

Boil one-half pound salt cod fish until tender, drain, take out bones and shred finely. Mix with two cups mashed potatoes, beaten egg, one tablespoon milk, salt and pepper to taste. Make into cakes or balls, dip in beaten egg and crumbs. Fry in deep Mazola.

SPANISH MACKEREL

Wash and split the fish down the back, dust with salt and pepper, brush over with Mazola, put on a wire broiler and broil flesh side down. When brown, turn and brown the skin side. Chop fine one tablespoonful parsley, mash with one tablespoonful Mazola, add slowly the juice of one-half lemon. When fish is cooked place on hot plate, garnish with water cress and quarters of lemon, and pour sauce over.

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MAZOLA

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